

the buzz

June 2019

THE FACTS ABOUT PROSTATE CANCER

This month's Buzz spotlights prostate cancer, a common but highly treatable cancer. Here are some facts about prostate cancer:

Fact: The prostate is a gland in the male reproductive system.

The prostate, a gland that only men have, is located just below the bladder (the organ that collects and empties urine) and in front of the rectum (the lower part of the bowel). The prostate is typically about the size of a walnut in young men and can be larger in older men.

Fact: Prostate cancer is the second leading cause of cancer death in U.S. men, behind only lung cancer.

Although prostate cancer is the second leading cause of cancer death in U.S. men, behind only lung cancer, it often can be treated successfully. In fact, more than 2.9 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.

Fact: Usually there are no symptoms of prostate cancer.

Prostate cancer (especially early prostate cancer) usually doesn't cause symptoms, but some men experience:

- weak or interrupted ("stop and go") flow of urine
- sudden urge to urinate
- frequent urination (especially at night)



- trouble starting the flow of urine
- trouble emptying the bladder completely
- pain or burning while urinating
- blood in the urine or semen
- a pain in the back, hips or pelvis that doesn't go away
- shortness of breath, feeling very tired, fast heartbeat, dizziness or pale skin caused by anemia

Fact: Age, race and family history of prostate cancer can impact the risk of developing prostate cancer.

Although all men are at risk for prostate cancer, some factors, like family history and race, increase the risk. Risk factors for prostate cancer include:

- being 55 years of age or older
- being African American

- having a brother, son or father who had prostate or male breast cancer, or a daughter or mother who had breast or ovarian cancer, or pancreatic cancer.
- eating a diet high in fat or drinking alcoholic beverages

Men and PSA testing

Prostate-specific antigen, or PSA, is a protein produced by normal, as well as cancerous, cells in the prostate gland. The PSA test measures the PSA level in a man's blood. PSA is often elevated in men with prostate cancer.

The greatest benefit of PSA screening appears to be in men ages 55 to 69 years. For men younger than age 55 years at higher risk, decisions regarding prostate cancer screening should be individualized. The PSA testing should be accompanied by a DRE (digital rectal exam).

Talk to your physician to see if you need a PSA test and learn more about prostate cancer by visiting [National Cancer Institute](https://www.nationalcancerinstitute.gov).

May Buzz - Men's Health Trivia Winner

Employees answered true or false questions as part of the Men's Health trivia in the May Buzz. All answers were submitted into a raffle to win a Bee-Fit bag filled with health goodies. **Paul Tillery is the raffle winner!**

June Happenings

Mammography Screenings

Schedule your screening with the Siteman Cancer Center Mammography Van. Appointments must be made in advance by calling 314-747-7222 or 800-600-3606 (press Option 2) between 8 a.m.-4:30 p.m., Monday-Friday. Appointments are strongly recommended and walk-ins are accepted as time permits.

MAMMOGRAPHY SCREENING SCHEDULE

Date	Location/Address	Time
June 26	Police Division Headquarters 1915 Olive St., St. Louis, MO 63103	8 a.m.-3 p.m.
June 27	City Hall 1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.

Men's Health Week - June 10-16

This week is a reminder for men to take steps to be healthier, but they don't have to do it alone! Whether it's your husband, partner, dad, brother, son or friend, you can help support the health and safety of the men in your life. Men can set an example with healthy habits.



- Eat healthy and include a wide variety of fruits and vegetables in your meals every day.
- Exercise regularly to control weight, reduce stress and improve your mood. Exercise can help reduce your risk of heart disease and some cancers.
- Choose not to smoke cigarettes or electronic cigarettes. Quitting smoking has immediate and long term health results like reducing your risk for different types of cancer.
- Get regular health check-ups and remind other men to do the same.

Wear Blue Day Photo Contest

Celebrate Men's Health Week June 10-16 by participating in the **Wear Blue Photo Contest** for a chance to win a prize. **Wear blue** to encourage men to live long and healthy lives by seeking regular medical check-ups, exercising on a consistent basis and eating healthy.

Date: Wear Blue on Friday, June 14

How to participate:

- Take a **Wear Blue** selfie or a **Wear Blue** group photo. The more creative the better!
- Submit photo by Monday, June 17 at noon to Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov.
- One photo per employee may be submitted.
- All photos must be accompanied with a photo release form signed by all people in photo in order to qualify. Email Cathy Hargrove for this form.

Photo Judging: One photo will be chosen as the winner and announced the week of June 17 via Community Email.

Prize: \$50 Visa gift card will be awarded for the winning photo.


May Buzz Trivia Winner

The May Buzz featured a chance to win a Bee-Fit bag filled with healthy goodies by taking the "What's Your Health Score" quiz. All who took this quiz were submitted in a raffle. **Emma Capraro is the raffle winner.**



Provided by:
Department of Personnel and BJC HealthCare
for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:  

BJC HealthCare